Health Tips for seniors

Food Safety

Four steps you can take to ensure your food stays safe

1. Clean

 Wash hands, utensils & surfaces before & after preparing food with hot, soapy water

2. Separate

- Prevent cross-contamination
- Always use separate utensils, plates containers & surfaces for raw & cooked foods

3. Cook

- Always cook food to the proper temperature
 - 145 °F Beef, lamb, veal steaks & roasts medium rare (medium 160 °F)
 - 160 °F Ground beef, pork, veal, lamb, pork chops, ribs, roasts & egg dishes
 - 165 °F Ground turkey & chicken, stuffing, casseroles & <u>leftovers</u>
 - 170 °F Chicken & turkey breasts
 - 180 °F Chicken, turkey, whole bird, legs, thighs & wings

4. Chill

• Refrigerate promptly—store below 40 °F



For more information visit www.fsis.usda.gov & www.fightbac.org Erie County Department of Senior Services (716) 858-8526 www.erie.gov/depts/seniorservices/

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